

Tryout Information and Minimum Requirements for the Newton Bluefish Swim Team.

Who can join the Newton Park and Rec Bluefish Swim Team?

The team is open to competitive swimmers ages 6 through 18 that have completed Level 4 swim lessons skills or above. It is a program designed to promote competitive swimming for any youth seeking the opportunity to challenge his or her self to achieve excellence in competitive swimming. Athletes will receive quality coaching and training, including the development of good stroke technique. The main goal of our program is to teach all aspects of competitive swimming as well as for each swimmer to enjoy the sport!

A swimmer must be able to swim on his or her own. Coaches work with swimmers during the season to develop the four main swim strokes (freestyle, backstroke, butterfly and breaststroke). If your swimmer is not ready for swim team, a referral to the Newton Parks and Rec swim lesson program will be made.

- **Swimmers are expected to attend practices, dual meets (home and away) and the League Championships.**
- **Parents are expected to volunteer in assisting with running of the swim meets held during the season.**

These activities help Newton Bluefish maintain the high standards in programming. The Newton Bluefish Swim Team program is limited to a League mandated maximum roster of 225 swimmers during the winter season. Please keep in mind that the Newton Bluefish team reaches this maximum each season so it is not possible to take everyone that tries out.

Placement on the team will be determined by a variety of factors at the coach's discretion, including a swimmer's ability to swim the competitive strokes (fly, free, breast and back) legally and using time standards (twentieth time from the previous year B Championship) as shown during the tryout.

Consideration may be given to previous team members who have demonstrated a commitment to attend both home and away meets on a consistent basis, and who have demonstrated a commitment to work hard at practice.

Younger siblings may be given legacy importance, contingent on the swimmer meeting a team time standard.

What can I expect during the tryout?

Team tryouts are based upon the age of the swimmer and their swimming abilities as of a November 1, 2019 League cutoff date. (For example, if a swimmer turns 9 after November 1, they will practice and compete as an 8 & under swimmer the entire winter season). The tryout will help the coaching staff determine your child's swimming ability. Upon completion, a

recommendation will be provided to the parent as to whether the child is ready to join the competitive swim team, or if he/she needs swim lessons prior to joining the team or if a current swimmer needs additional swim lessons. Swimmers who pass this entry level try out combined with the time standards will be invited to join the swim team.

The minimum requirements are as follows:

8 and under age group: The swimmer should be able to swim two lengths in the competition pool. One length (25 yards) of freestyle and one length of backstroke. He or she will be able to swim the length of the lane without stopping. For freestyle, swimmer must have face in the water and use rhythmic breathing. The swimmer should be able to meet the time standard and must be able to attend a minimum of two practices a week and be able to focus and follow instruction for 30 minutes. Swimmers are expected to swim all dual meets (home and away) and the League Championship meet.

9 & 10 age group: The swimmer should be able to dive and swim three lengths in the competition pool. Two lengths (50 yards) of freestyle and one length (25 yards) of backstroke. He or she will be able to swim the length of the lane without stopping. For freestyle, swimmer must have face in the water and use rhythmic breathing. The swimmer should be able to meet the time standard and must be able to attend a minimum of two practices a week and be able to focus and follow instruction for 30 minutes. Swimmers are expected to swim all dual meets (home and away) and the League Championship meet.

11 & 12: The swimmer should be able to do a basic start from the starting block (dive) and swim five lengths in the competition pool. Two lengths (50 yards) of freestyle and one length of backstroke, breaststroke and butterfly. He or she will be able to swim the lengths without stopping. Swimmer should know freestyle, backstroke, breaststroke, backstroke, flip turn, and basic starts from the starting blocks (dive). The swimmer should be able to meet the time standard and must be able to attend a minimum of two practices a week and be able to focus and follow instruction for 45 minutes. Swimmers are expected to swim all dual meets (home and away) and the League Championship meet.

13 – 18: Swimmers in this group should have previous swim team experience. The swimmer will be expected to know all four competitive strokes (butterfly, backstroke, breaststroke, and freestyle) legally, racing dives and flip turns. Must be able to swim 200 yards freestyle and backstroke without stopping, 50 yards butterfly and 50 yards breaststroke. Must be able to attend a minimum of two practices a week and be able to focus and follow instruction for 60 minutes. Swimmers are expected to swim all dual meets (home and away) and the League Championship meet.

What is a league meet?

The Newton Bluefish Swim Team is part of the Winter Suburban Swim League, which consists of 14 teams and a Championship meet in March.

Where do I go to tryout?

Tryouts are held at the Newton North High School pool, 457 Walnut Street, Newtonville, MA 02460. If you are dropping off a swimmer on Tiger Drive, you CANNOT take a left onto Walnut Street when exiting. Park in designated spots on Tiger Drive as the police do ticket and tow as sports buses returning need to enter and navigate the circle. Parking is also located on Elm Street (off Walnut Street) and along Hull Street, which is a one way off Walnut Street. Note, Dexter Road (off Hull) is resident permit parking and the police do ticket.

How should I be prepare for the tryout?

During the tryout, please do not make your swimmer nervous. All we ask is that they give their best effort! A competitive swimsuit is not required for the tryout, but swimmers should have goggles and cap. Our pool time is limited and we have quite a few swimmers trying out so we cannot talk to individual parents unless it is an emergency. An email will be sent regarding the tryout within 72 hours after all the tryouts have been completed on Thursday, October 24, 2019.

Parents are allowed on the pool deck for an introduction to the program before each session for tryouts. Please be on time. It is upsetting to some swimmers when they realize they are late and do not know what is going on. A swimmer must be willing to stay on the pool deck without a parent, which is a facility rule. Parents are always welcome to watch the sessions from the gallery above the pool. When exiting the locker rooms, take a left, then right and walk up the stairs and take a left and the seating gallery is on the right. **Please do not distract your swimmer during the try out.**

Event**Time (in seconds)**

<u>8 & Under - 25 Yds</u>	
Fly	30.71
Free	22.18
Breast	26.19
Back	27.78
<u>9 & 10 - 25 Yds</u>	
Fly	24.99
Free	21.92
Breast	25.88
Back	23.80
<u>11 & 12 - 50 Yds</u>	
Fly	43.41
Free	36.29
Breast	41.74
Back	46.32
Fly	43.02
Free	34.82
Breast	49.81
Back	44.37
<u>15-18 - 50 Yds</u>	
Fly	31.36
Free	28.92
Breast	38.88
Back	32.73